Idea/Approach Details

- **Ministry Category**: Government of Chhattisgarh
- **Problem Statement**: Mobile app for alcohol addiction management
- **Problem Code**: #GCG7
- **Team Leader Name**: Mohd. Shoaib Asgar
- **College Code**: 1-1000000000

1. Description of the Idea:

Research:

Death from alcohol and its addiction has increased over the years due to life style changes. In Asia, India is the highest consumer of whiskey. For India, out of a total population of 132 crores approximately 40 crores (30%) are alcohol addicted. According to a recent survey conducted by National Crime Records Bureau (NCRB), one Indian die every 96 minutes due to excess alcohol consumption. However, unlike other diseases, death by addiction can be a death without a death call if necessary actions are not taken on time. So, it becomes the need of the hour for us to take necessary steps to ensure alcohol de-addiction especially among the people of India who are very much affected by it.

Nowadays, almost everyone has a smartphone and research says every smartphone user plays approximately 13 hours of games in a week, supplementing the content of these games with alcohol de-addiction activities may represent a powerful way to degrade alcohol consumption in the masses. Knowledge of adverse effects of alcohol consumption is low among age groups with high consumption risks.

After thoroughly analysing our target audience we found that it is hard to expect alcohol de-addiction just by making them aware of the consequences. We learnt that some of the popular games among youth like "dumb ways to die" may seem to be a crazy escape from death, was in fact a way of teaching them traffic rules indirectly. So, the smart way was to make recovery a fun activity.

Hence, in order to create the maximum reach and impact we have come up with the concept that learning should be fun. Thus, our idea is to decrease alcohol consumption by victims, by diverging their mind through gamified activities.

There is not even a single platform that exists currently which provides both recovery from alcohol addiction and monitoring of that recovery process through the very same platform.

JEEVAN- Small steps towards better life

Our app "JEEVAN" will provide a single platform where both recovery from alcohol addiction and monitoring can be easily done.

It has the following characteristics:

- Two-step login where both victim and "SAATHI" have to register within the app. Saathi can be anyone like any family member or any close friend etc., who knows about user's daily routine.

- Saathi will help in monitoring the process. The main role of the saathi will be to answer some simple questions about victim's behaviour changes, daily alcohol consumption etc. on weekly basis in the app itself. This weekly information will be used in monitoring process.

- *After signing up user just have to play various games (including <u>Augmented Reality based games</u>) and do some gamified activities which are specially designed to make them feel relax and calm. It'll contain <u>relaxing background sound effects</u> as well. Indirectly, <u>these games will be diverging victim's mind from alcohol and releasing their stress and frustration</u>. Saathi will also ensure that the games are played by the victim himself/herself.*

- *An amazing storyline will be associated with the games that will engage the users to play games, also educate as well as motivate them for alcohol de-addiction.*

- *As they become sober with time, they are likely to experience a rollercoaster ride of emotions. Thus, providing music in background as the game proceeds may help them purge some of their more destructive emotions.*

- *To ensure continuous engagement of victims, they will receive rewards for completing game levels and scoring points. <u>Rewards will include various government-aided offers</u> like free consultation to doctors, recharge coupons, discount on electricity bills, etc.*

- *<u>Our app will target all age groups whether he/she is addicted or not.</u> Non-alcoholic persons can also use app just for playing games (indirectly providing a kind of awareness about alcohol de-addiction), but rewards give-away and monitoring will be done for only those users who will have a unique 4-digit code. The code will be given to the user after verification of their details and confirming he/she is actually an alcohol addict. <u>This process will be done by the nearest alcohol de-addiction centre</u>.*

- *A "<u>Tip of the day</u>" feature in our app will generate helpful recovery tips and inspirational messages on daily basis that will encourage victims towards alcohol de-addiction.*

- A "_Revival_" section of our app will have such kind of games that will push victims to perform some physical movements (some kind of exercises) on daily basis. These small exercises will give victims a healthy way to release difficult or pent-up emotions, including anger, sadness and frustration. Again, _it is the responsibility of the Saathi to ensure that victim is playing these games._

- A "_My story: fight against alcohol_" section which will allow the users to connect with each other and share their story of recovery from alcohol which will encourage other victims to fight against alcohol addiction.

- A "_Support_" section of our app will allow users to easily connect with experts at nearest alcohol de-addiction centre.

- In database, we will be having the details of the real victims.

- _Weekly data given by the saathi about the user_ will help in monitoring process like "what is the daily amount of alcohol consumption by the user/victim" and "what all behavioural changes is the victim going through".

- In addition to this, weekly game scores are also being saved in the database. These scores can be used to monitor whether there are any improvements in user's concentration, flexibility etc. or not.

The main aim of our game section is to diverge victim's mind from alcohol and release difficult or pent-up emotions, including anger, sadness and frustration that the victim may have, via the recovery process.
In addition to this, the game scores will also help in monitoring process like on the basis of scores it can be checked whether there are any improvements in user's concentration, flexibility etc. or not.

Here are some examples of the levels:

- *Example 1:*

  An AR (Augmented Reality) based game creating a situation where family of the game-character is in danger and player has to rescue them by destroying all the bottles that appears on the screen.

  Breaking of bottles requires proper concentration and compels the victim to think of his family instead of alcohol.

- *Example 2:*

  An Arcade game where character has to avoid all obstacles coming in his way to kill his/her enemy which actually requires player to make physical movements for movement of his game-character.

  Activity games will involve physical movements of victim itself along with the character.

- *Example 3:*

  A simple quiz game which includes a set of questions related to different ways of addiction recovery.

  In this way information about addiction recovery can be easily given to the victim in a fun way and for the normal users it will act as an awareness media.

Thus, Games are magnificent teachers. We've only just begun to scratch the surface of the game to be used in this way. Our games are aimed for effective recovery of addicted victim through motivational fun activities that will help his/her mind to diverge from alcohol addiction.
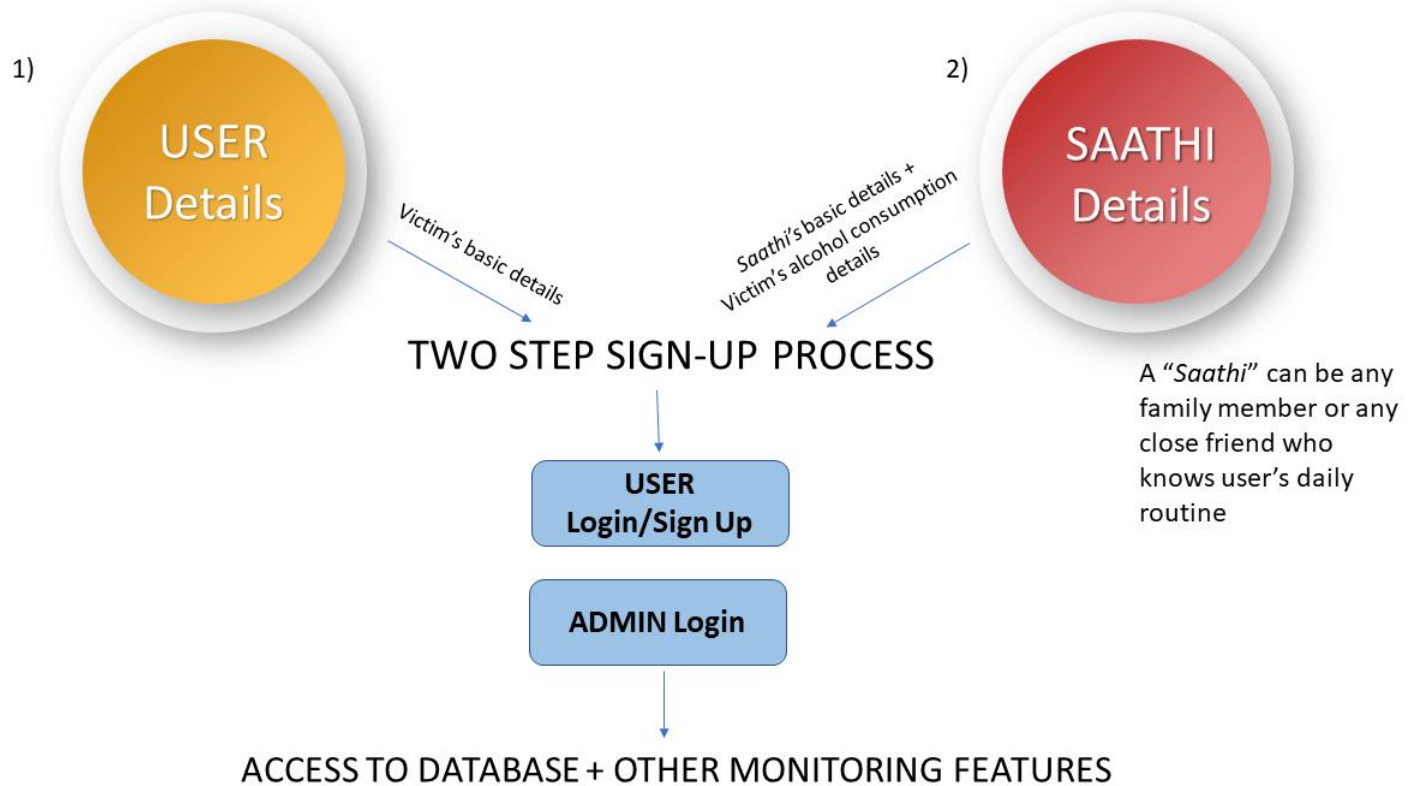
2. Technology stack:

The following technology will be used for making this game:

- **Software**: *Android studio, My SQL workbench, MS Office, Sound editors, Image editors, Video editors.*
- **Programming Languages**: *Java and SQL.*
- **Hardware needed**: *Android devices.*

3. Use Cases:

SCREEN 0

1)

USER Details

2)

SAATHI Details

Victim's basic details

Saathi's basic details + Victim's alcohol consumption details

TWO STEP SIGN-UP PROCESS

A "Saathi" can be any family member or any close friend who knows user's daily routine

USER Login/Sign Up

ADMIN Login

ACCESS TO DATABASE + OTHER MONITORING FEATURES

SCREEN 1 (USER)

Unique engaging games to diverge victim's mind from alcohol along with relaxing background sound effects.

GAMES

It will generate healthy and inspirational tips on daily basis.

TIP OF THE DAY

This section is for user's *Saathi who will* provide current condition of the victim via weekly generated forms within the app. *Saathi* will be notified about forms by messages.

SAATHI

RECOVERY FEATURES

MY STORY

Where victims can share their stories to motivate others.

It will allow users to easily connect with nearest *alcohol de - addiction centre.*

SUPPORT

REVIVAL

Games that requires physical movements of victim while playing to ensure physical exercises during recovery process.
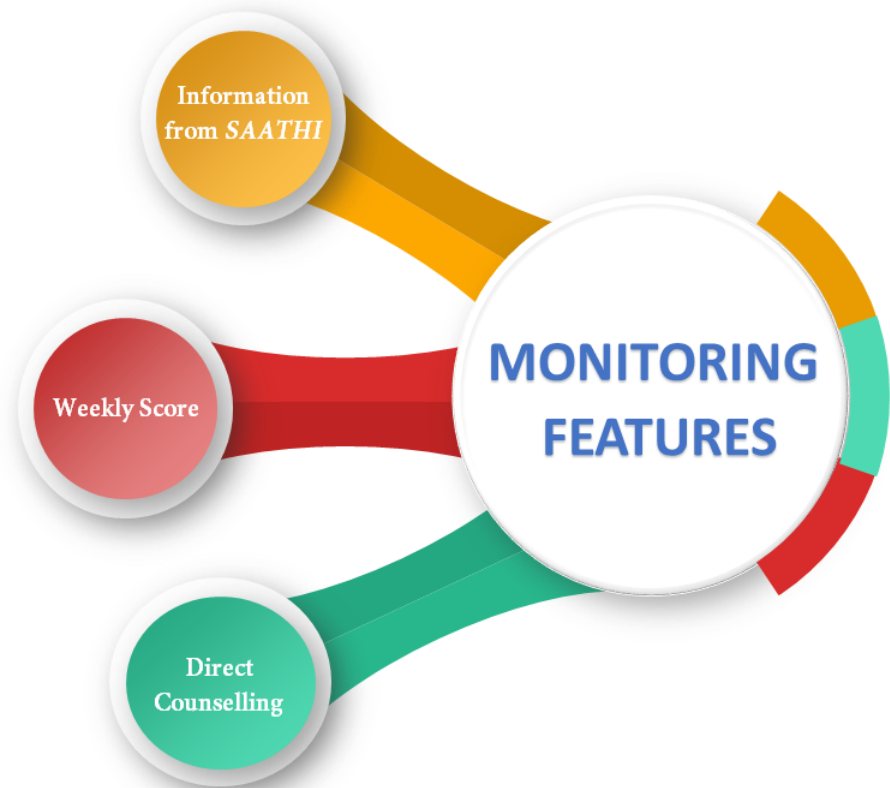
SCREEN 1 (ADMIN)

Weekly information about the changes in daily routine of victim from "*SAATHI*".

Weekly scores of games that will help in monitoring the level of attentiveness, concentration etc. in victims.

Feature to directly contact the victim for counselling purpose.

Information from *SAATHI*

Weekly Score

Direct Counselling

MONITORING FEATURES

4. Dependencies:

- *Android devices and Internet connection.*

5. Show Stoppers:

- *Both monitoring and recovery process on a single platform.*
- *Fun way for alcohol de-addiction.*
- *Simple, unique and fun games for the user (including Augmented Reality based games).*
- *Features like – "Tip of the day" and "My story: Fight against alcohol" will regularly motivate the users to fight against addiction.*
- *"Support" feature allow users to easily connect with the nearest alcohol de-addiction centre.*
- *Connect with other users and share your story with them.*
- *No age limits - Targets larger audience.*
- *A Database having the data of real victims verified by nearest alcohol de-addiction centre.*
- *Weekly real time information of the victim with the help of "Saathi".*

It's one of its kind application and is going to be a big hit.